

Pranayama Chart. The Gents of Pranayama.

<p>Heat producing or Warming. (2)</p> <p>Ujjayi. <i>Inspiration:</i> through both the nostrils Ida & Pingala with sound. <i>Retention:</i> 1; 3 : 2. <i>Expiration:</i> through the left nostril or <i>Ida.</i> <i>Benefits:</i> 1. Purifies brain cells. 2. Destroys Vath Doshha, Improves digestion (Jatharagni) To be done in cold season.</p>	<p>Cooling. (3)</p> <p>Sitkaru. <i>Inspiration:</i> With tongue between the lips. <i>Retention:</i> as usual. <i>Expiration:</i> through both the nostrils. <i>Benefits:</i> 1. Satisfies hunger. 2. Quenches thirst. 3. Conquers sleep. 4. Destroys lethargy. To be done in hot season.</p>	<p>(4)</p> <p>Sitali. <i>Inspiration:</i> With tongue protruding out like a tube outside the lips. <i>Retention:</i> as usual. <i>Expiration:</i> through both the nostrils. <i>Benefits:</i> 1. Satisfies hunger. 2. Quenches thirst. 3. Kills desires. To be done in hot season.</p>	<p>(6)</p> <p>Bhramari <i>Inspiration:</i> through both nostrils with the sound of a male Bhramari. <i>Retention:</i> Usual. <i>Expiration:</i> through both nostrils with the sound of a female Bhramari.</p>	<p>(7)</p> <p>Moorcha. <i>Inspiration:</i> both nostrils. <i>Retention:</i> With Jalandhara Bandha or chest and chin lock of the throat. <i>Expiration:</i> slowly with pauses.</p>	<p>(8)</p> <p>Plavani. <i>Inspiration:</i> Deep with both taking in air as to fill the abdomen also protruding the abdominal wall. <i>Retention:</i> Usual. <i>Expiration:</i> Usual. Through both the nostrils. This is diaphragmatic breathing. Prescribed elsewhere.</p>
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ending the toes with two or repeat this,

every pose, ur fingers ce, palms e, palms e the head perpendi-ht. Keep have hard will settle humna.

Eternal

as taught e risies l perhaps atrocious properly resulting

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